

Message In A Bottle

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Intermediate
编舞者: Jo Kinser (UK) & John Kinser (UK) - July 2014
音乐: "Message In A Bottle" by Amanda Wood 6:02. (Acoustic)



Intro: Start on the vocals, 32 counts

[1-8] □ Diagonal Lt Cross, Side Rt, Lt Crossing Shuffle, Rt Rock Step, Rt Lock Back

1,2 Step Lt across Rt facing Rt diagonal (1:00), Step Rt slightly fwd and to Rt side
3&4 Step Lt across Rt, Step Rt slightly fwd and to Rt side, Step Lt across Rt
5,6 Rock Rt fwd, Replace weight Lt (still facing 1:00)
7&8 Step Rt back, Step Lt across Rt, Step Rt back (start to open upper body 1/8th turn Rt)

[9-16] □ 1/8th Lt Back Toe Heel, Rt Toe Heel, Side Cross Back, Side Together

1,2 Make 1/8 turn Rt pressing Lt toe slightly back, Drop Lt Heel (3:00)
3,4 Press Rt toe to Rt side, Drop Rt Heel
5,6,7 Step Lt slightly to Lt, Step Rt across Lt, Step Lt back
8& Step Rt to Rt, Step Lt next to Rt

[17-24] □ Rt Fwd, Lt Rock Step, Lt Step Lock Back, Rt Back Rock, Step 1/2 Turn Lt

1 Step Rt fwd
2,3 Rock Lt fwd, Replace weight Rt
4&5 Step Lt back, Step Rt across Lt, Step Lt back
6,7 Rock Rt back, Replace weight Lt
8& Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (9:00)

[25-32] □ Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt

1,2,3 Step Rt fwd, Walk fwd Lt, Rt
4&5 Rock Lt fwd, Replace weight Rt, Step Lt next to Rt
6 Step Rt back
7&8 Make 1/4 turn Lt stepping Lt to Lt (6:00), Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (3:00)

***** □ Bridge / Tag happens here on the Chorus on walls 2 (12:00), 4 (12:00), and 7 (9:00).**

[33-40] □ Scuff - Hitch – 1/4 Cross, Side Together, Side Together, 1/4 Turn Lt Shuffle Fwd

&1,2 Scuff Rt next to Lt (&), Hitch Rt knee High (1), Make 1/4 turn Lt Crossing Rt over Lt (2) (12:00)
3,6 Step Lt to Lt (3), Step Rt next to Lt (4), Step Lt to Lt (5), Step Rt next to Lt (6)
7&8 Make 1/4 turn Lt stepping Lt fwd (9:00), Step Rt next to Lt, Step Lt fwd

[41-48] □ Rt Press Roll Hip, Lt Press Roll Hip, Rt Press Roll - Step Together, Lt Crossing Shuffle

1&2 Press ball of Rt toe fwd (1), Push Rt hip fwd and up (&), Step Rt next to Lt (2)
3&4 Press ball of Lt toe fwd (3), Push Lt hip fwd and up (&), Step Lt next to Rt (4)
5&6 Press ball of Rt toe fwd (5), Push Rt hip fwd and up (&), Step Rt slightly back of Lt (6)
7&8 Step Lt across Rt, Step Rt to Rt, Step Lt across Rt

[49-56] □ Rt Rock Step, And Side Roll Hips, Together, Side

1,2 Rock Rt to Rt, Replace weight Lt
&3 Step Rt next to Lt, Step Lt to Lt
4,5,6 Roll Hips anti clockwise in a full circle back to the Lt (weight Lt)
7,8 Step Rt next to Lt, Step Lt to Lt

[57-64] □ Rt Rock Back, 1/4 Turn Rt, Hold, 3/4 Paddle Turn Rt

1,4 Rock Rt back (1), Replace weight Lt (2), Make 1/4 turn Rt stepping Rt fwd (3) (12:00), Hold
&5&6 Step the ball of the Lt foot behind the Rt (&), Step the Rt foot fwd making 1/8th turn Rt (5),
 Repeat for (&6)
&7&8 Repeat for (&7&8) completing a 3/4 turn back to (9:00)

Bridge/Tag: □ Repeat 25-32

1-8 Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt. Continue the dance
 from 33-64.

Ending to face (12:00): This happens on count 17. Make 1/4 turn Lt stepping Rt a Large step to Rt side.

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